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PART TWO: THE SOLDIERS ARRIVE

ALL THIS WEEK, METRO BRINGS YOU EXCERPTS FROM THE FIRST CHAPTER OF JOSEPH KERTES' NEW BOOK, THE AFTERLIFE OF STARS PAGE 18

Race heats up

The day after Labour Day is traditionally the time civic-election candidates get down to the serious business of informing Winnipeggers of how they plan to run the city, and five hopefuls did just that. But while some candidates brought out ideas Tuesday, others brought only rhetoric. Stories, pages 2 and 3. ILLUSTRATION: ELISHA DACEY/METRO; PHOTOS: BERNICE PONTANILLA AND SHANE GIBSON/METRO

NEWS 1

FIVE THINGS YOU NEED TO KNOW TODAY

1
SLOW DOWN
Speed limits in school zones are now 30 km/h, and police are out en masse to nab speeders. Fines are huge, so slow down as kids head back to school this week.

2
GO GOLDEYES
The Winnipeg Goldeyes finished the season with a record 63 wins, and playoffs start tonight at Shaw Park at 7 p.m. Find tickets at ticketmaster.ca.

3
DON'T MESS WITH ROVER
Remember that catering-company CEO who appeared to be kicking and yanking a puppy on camera? Desmond Hague of Centerplate Inc.? Yeah, he resigned on Tuesday.

4
OUT WITH THE OLD
Don't look now, but your smartphone is obsolete. Samsung's Galaxy Note 4 debuts today, with unveilings in New York, Berlin and Beijing. The iPhone 6 comes out next week.

5
MOVE OVER, CHUCKY
For those young (and scary) at heart, Mezco Toyz will soon market a version of Annabelle, the terrifying doll in the 2013 horror movie The Conjuring. The doll's set to return in a sequel.

Gord Steeves takes tax talk to mayoral frontrunner's office

Campaign. Former councillor going head-to-head with Judy Wasylycia-Leis

ELISHA DACEY
elisha.dacey@metronews.ca

Gord Steeves speaks outside Judy Wasylycia-Leis' campaign office Tuesday. ELISHA DACEY/METRO

Gord Steeves made his Tuesday mayoral announcement in front of the frontrunner's campaign office.

The former councillor took several swings at Judy Wasylycia-Leis, contrasting his taxation record with hers.

"As you know, for 11 straight years on council, I did not raise property taxes a single time. Three of those years we reduced property taxes," Steeves said.

"Ms. Wasylycia-Leis has said, first off, for the second election in a row, that she is raising property taxes."

Steeves added that taxes also went up when Wasylycia-Leis was a provincial minister in 1987.

"Going back to 1987 ... this (NDP) government instituted record tax increases on citizens," he said, adding that in 1987, the Winnipeg Free Press reported that taxes were increased by 37 per cent on middle-income earners and payroll taxes increased by 50 per cent.

"I feel the people of Winnipeg are taxed too highly. Not just from the municipal government but from our provincial government as well," he said.

Steeves criticized Wasylycia-Leis' lack of specifics on her planned tax increases and accused her of stifling discussion.

"(We need) clear facts to get on to the table to allow for better debate, which I think is fair," said Steeves.

He noted his plan to increase infrastructure spending includes specifics like selling city-owned golf courses, while Wasylycia-Leis has said she would increase taxes at the rate of inflation or population growth without hard numbers.

Steeves said he might do more press conferences outside opponents' campaign offices as the debate continues.

Quoted

"I feel the people of Winnipeg are taxed too highly. Not just from the municipal government but from our provincial government as well."
Gord Steeves, mayoral candidate

Wasylycia-Leis unveils four commitments

Judy Wasylycia-Leis vowed Tuesday to clean up city hall, rebuild "crumbling" infrastructure, protect essential services and create opportunities.

The mayoral candidate unveiled a list of four commitments she says will make Winnipeg "a city that works" at the official opening of her Portage Avenue campaign office, but details on how she'll accomplish these goals were sparse.

On cleaning up city hall, Wasylycia-Leis reiterated what she'd said at a previous announcement: she'll create an independent watchdog to "put an end to back-room deals and expensive cost overruns."

She called her second commitment — fixing the city's "crumbling roads and infrastructure" — Winnipeg's "No. 1 priority."

But Wasylycia-Leis didn't give any details on how she'll do it or how she'd pay for it.

As for her vow to protect city services, Wasylycia-Leis said frontline services like police, fire, paramedic, garbage collection, snow removal, transit and rapid transit would be protected from cuts while she's mayor.

"I will provide more details in the days ahead," she promised when pressed for numbers.

"Keep in mind we've got 51 days to go. (There's) lots of campaign left. I've got lots of announcements to go."

Wasylycia-Leis did sign a pledge under a whiteboard with the four commitments on it, vowing to keep her promises.

SHANE GIBSON/METRO

Judy Wasylycia-Leis. SHANE GIBSON/METRO

David Sanders speaks to media on Tuesday at his first campaign announcement at the Forks. COLIN FAST/FOR METRO

City hall needs an overhaul: David Sanders

'Turn over all the rocks.' Mayoral hopeful promises transparency, sweeping reviews

COLIN FAST
winnipeg@metronews.ca

City hall's most persistent critic promises he'll be the most hands-on manager it has had in years if he's elected mayor.

In the first announcement of his campaign, David Sanders outlined several ideas to overhaul the civic administration and identified the infrastructure deficit as a top priority.

Promising to "turn over all the rocks," Sanders said he'd suspend the authority of senior administrators to sign major contracts, immediately hire a new CAO, hold performance reviews for all senior managers and create job descriptions for the mayor and council.

"The new mayor and council need to send a powerful message that we will not tolerate the kind of mismanagement and misconduct that has been identified in recent external audits," he said.

Sanders also committed to opening government data to the public and restructuring the 311 system to allow citizens to call city departments directly to report problems.

While discussing infrastructure funding, he took jabs at some of his competitors' ideas, claiming Brian Bowman's plan to open Portage and Main to pedestrian traffic would cost $10 million and increase congestion and calling Gord Steeves' proposal to sell the new police headquarters "just plain ridiculous."

The announcement was held at The Forks, which Sanders helped to develop in the late '80s as provincial deputy minister of urban affairs.

Bowman pledges to finish BRT by 2030

If elected Winnipeg's next mayor, Brian Bowman vowed Tuesday to have all six phases of the city's long-planned Bus Rapid Transit project completed by 2030.

The candidate told media the cost of finishing the project — which the city's current Transportation Master Plan released in 2011 estimates is in the billions — will come from increased infill development, including transit hubs spurred on by the expansion.

The city's master plan calls for the first four corridors to be finished by 2030 and all six to be done by 2050.

Bowman couldn't say exactly how much finishing the project 20 years early would cost but vowed to work with the province, the feds, the private sector and city officials to get it done.

Mayoral hopeful Brian Bowman said Tuesday he'll have all six Bus Rapid Transit corridors finished by 2030 if elected Winnipeg's next mayor. SHANE GIBSON/METRO

"The problem right now is leadership, more so than money," he said.

Candidates on both the right and the left were skeptical of Bowman's plan later in the day, with Judy Wasylycia-Leis wanting to know exactly how he'd pay for it, and Gord Steeves telling reporters it would be impossible without a lofty tax hike.

"The money does not exist," said Steeves. "If you are going to complete Bus Rapid Transit, all six phases, by 2030, you're going to have to increase property taxes by about 50 per cent."

At his announcement Bowman also promised to enhance park-and-ride locations and create transit hubs with commercial and retail services, add Wi-Fi to buses, integrate smart buses into Transit's fleet and increase the number of bus shelters throughout the city. SHANE GIBSON/METRO

Havixbeck takes green approach to bug battle

Paula Havixbeck promises a greener approach to killing mosquitoes if elected mayor, including replacing Malathion with an organic-based pesticide.

"Something we've gotten away from in the last two summers is the biological and microbial systems, which includes much more larviciding and dragonflies and more natural ways of fighting mosquitos," she said.

Under Havixbeck's plan, Winnipeg's insect-control program would be 100 per cent biological by 2016, with a greater emphasis on larviciding instead of fogging, she said. She added she will work with surrounding municipalities to expand larviciding up to 12 kilometres outside the city, from the current two to four.

When fogging is required, she would limit it to specific neighbourhoods and phase out Malathion in favour of Pyrocide, which contains a botanical insecticide derived from the chrysanthemum flower.

The changes would add $6 million to the city's insect-control budget, she said.

Havixbeck's plan stands in stark contrast to fellow mayoral candidate Gord Steeves, who promised a few weeks ago to reduce the size of buffer zones and investigate aerial spraying of Malathion. COLIN FAST/FOR METRO

Bug boss redux?

When asked if she thought Malathion was dangerous, Havixbeck said she follows the advice of experts like former city entomologist Taz Stuart, even hinting she'd be open to rehiring Stuart as the city's bug boss.

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New Horizons' incoming president, Kelly Nichol, practises for the upcoming season. The adult learning band is holding open houses Sept. 6 and 13. SHANE GIBSON/METRO

Music newbie? You can still join this band

No experience needed. Adult learning band looking for new members

SHANE GIBSON
shane.gibson@metronews.ca

Band practice isn't just for high-school students anymore.

Whether you want to relive your band-class glory days or have never played an instrument — but always wanted to — Winnipeg's New Horizons Band wants you.

The adult learning band is holding open houses this month for anyone interested in taking part in their 11th season.

"Anybody and everybody is welcome," said New Horizons' incoming president, Kelly Nichol, who's starting her fifth year with the band. "It's so much fun."

The band is part of the New Horizons International Music Association, a group dedicated to providing a non-judgmental entry point to music for adults, regardless of their level of experience.

Find your groove

New Horizons Band costs $240 for adults and $120 for students for the full season, which covers facility rental, directors' honoraria and all music.

The Winnipeg band has three groups, one for beginners in which newbies learn from directors who also teach school band, a junior level for those with some experience and an intermediate band for the top horn blowers.

Nichol, 57, played piano as a youngster but hadn't picked up an instrument or looked at sheet music for nearly 40 years before joining New Horizons.

She's now playing the baritone sax in the intermediate band.

The band's more than 75 members meet every Saturday morning for two hours of practice and play two concerts a season.

The open houses have a full variety of brass, woodwind and percussion instruments to try and run Sept. 6 and 13 at Fort Garry United Church from 9 a.m. to 11 a.m.

Teenage victim

Carpenter lands in prison over sexual assault

A Winnipeg carpenter has been sentenced to 3 1/2 years in prison for sexually assaulting a teenage girl while he was on the job.

Court heard David Locke was 55 years old and the girl was 15 when they had sex in 2010. He was doing some work at a family friend's house and knew the girl, but the parents were not home.

The victim, now 18, told court she dropped out of school and suffers anxiety.

Locke will be registered as a sex offender for 20 years. CJOB/THE CANADIAN PRESS

Charleswood

Cop chopper aids in car-theft arrests

Two alleged car thieves, ages 16 and 18, are facing charges after Winnipeg police say they returned to the scene of their crime — in the same truck they'd just stolen — early Tuesday.

Police say a male suspect broke into and stole an unlocked, parked Ford F-150 in the 700 block of Coventry Road. After another male was picked up nearby, the pair reportedly drove back to see if a key found in the truck would start another vehicle.

Air-1 and members on the ground caught the pair after they ditched the truck. METRO

Two separate incidents

Man accused of groping bus riders

A Winnipeg man, 56, is facing sexual-assault charges after he allegedly groped two women on a bus.

Police said the first incident happened on Monday at about 10:15 a.m. when a woman on a bus on Portage Avenue near Balmoral Street was approached by a man who groped her in the lower body.

Later at about 12:30 p.m., another woman was groped on a bus on Portage Avenue, and police responded near Polo Park.

After being given descriptions from both women, police found and arrested the suspect. METRO

B.C.

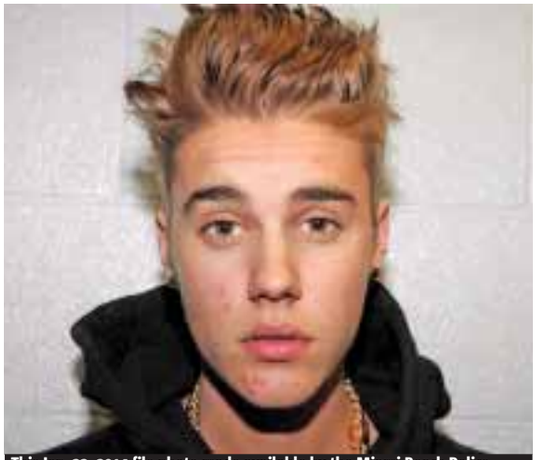
Ex-Jet faces assault, driving charges

A former NHL tough guy is facing assault and driving charges after an alleged incident in Kamloops, B.C.

Rudy Poeschek has been charged with one count each of assault, driving while prohibited and dangerous driving related to a July 5 matter, though no details have been released.

The charges were sworn last week, and Poeschek, 47, has yet to appear in court.

Poeschek played 364 games over a dozen seasons with teams including the Jets, New York Rangers and Tampa Bay Lightning. THE CANADIAN PRESS



This Jan. 23, 2014 file photo made available by the Miami Beach Police Dept. shows Justin Bieber at the police station in Miami Beach, Fla.
MIAMI BEACH POLICE DEPARTMENT/THE CANADIAN PRESS FILE

Bieber's lawyer blames paparazzi

Pop star arrested Friday near Stratford.
Artist charged with dangerous driving and assault after a collision

Justin Bieber's camp is pointing a finger of blame at the paparazzi for the Canadian pop star's latest run-in with the law in Canada.

Ontario Provincial Police said Bieber, 20, was arrested Friday and charged with dangerous driving and assault following a collision between a minivan and an ATV in a rural area northeast of Bieber's hometown of Stratford.

The driver of the ATV and an occupant of the minivan "engaged in a physical altercation," according to police.

Const. Kees Wijnands would not say whether Bieber was driving the ATV, but pictures posted online show the star and on-and-off girlfriend Selena Gomez riding on an ATV on Friday.

Wijnands said there were no injuries as a result of the collision but couldn't say whether there were any injuries from the altercation.

"He attended our office and he was arrested," Wijnands said. Bieber was then released on a promise to appear in court Sept. 29.

In a statement emailed to The Canadian Press, Bieber's lawyer in Toronto indicated the paparazzi were involved but provided no details.

"Justin Bieber and Selena Gomez's peaceful retreat in Stratford this weekend was unfortunately disrupted by the unwelcome presence of the paparazzi," said Brian Greenspan.

"This has regrettably resulted in charges of dangerous driving and assault. Mr. Bieber and Ms. Gomez have fully co-operated in the police investigation. We are hopeful that this matter will be quickly resolved."

Just a few days before the incident, Bieber's car was hit from behind by a vehicle driven by a photographer in Hollywood. The Grammy Award-nominated singer tweeted: "There should be laws against what I just experienced. We should have learned from the death of Princess Diana."

He then tweeted: "I don't have a problem with Paparazzi but when they act recklessly they put us all in danger." THE CANADIAN PRESS

Dethroned beauty queen holds crown ransom for an apology

A dethroned 16-year-old beauty queen from Myanmar said Tuesday she won't return her bejeweled $100,000 crown until pageant organizers apologize for calling her a liar and a thief.

May Myat Noe — the country's first winner of an international beauty contest — lashed back at her accusers at a tightly packed news conference.

She said representatives of the Miss Asia Pacific World pageant lied about her age — saying she was 18 instead of 16 — and tried to pressure her into getting plastic surgery "from head to toe."

Noe denied having breast implants as claimed by David Kim, director of media for the South Korean-based pageant. He said the surgery was provided free of charge, part of efforts to boost the teen into super-stardom.

Kim said Noe was stripped of her title last week because she was dishonest and unappreciative and that she ran off with her tiara after learning of the decision.
THE ASSOCIATED PRESS

May Myat Noe, Myanmar's first international beauty queen, winner of the 2014 Miss Asia Pacific World.
GEMUNU AMARASINGHE/THE ASSOCIATED PRESS

Video appears to show second U.S. journalist beheaded by ISIS

'A Second Message to America.' Terrorist group says murder of Steven Sotloff is retribution for continued U.S. airstrikes

American journalist Steven Sotloff, who was kidnapped in August 2013 near Aleppo, Syria, talks to Libyan rebels near Misrata, Libya, in June 2011. An Internet video has been released that purports to show the beheading of Sotloff by the ISIS terrorist group. ETIENNE DE MALGLAIVE/GETTY IMAGES FILE

Extremists from the Islamic State of Iraq and Syria (ISIS) group released a video Tuesday purportedly showing the beheading of a second American journalist, Steven Sotloff, and warning U.S. President Barack Obama that as long as American airstrikes against the militants continue, "our knife will continue to strike the necks of your people."

The footage — depicting what the U.S. called a sickening act of brutality — was posted two weeks after the release of a video showing the killing of James Foley and just days after Sotloff's mother pleaded for his life. Barak Barfi, a spokesman for the family, said that the Sotloffs had seen the video but that authorities have not established its authenticity.

Sotloff vanished in Syria in August 2013 and was not seen until he appeared in a video released last month that showed Foley's beheading. Dressed in an orange jumpsuit, Sotloff was threatened in that video with death unless the United States stopped airstrikes on ISIS.

In the video distributed Tuesday titled A Second Message to America, Sotloff appears in a similar jumpsuit before he is apparently beheaded by a fighter with ISIS, the extremist group that has conquered wide swaths of territory across Syria and Iraq and declared itself a caliphate.

The fighter who apparently beheads Sotloff in the video calls it retribution for Obama's continued attacks.

"I'm back, Obama, and I'm back because of your arrogant foreign policy toward the Islamic State … despite our serious warnings," the fighter says. "So just as your missiles continue to strike our people, our knife will continue to strike the necks of your people."

In the video, the organization threatens to kill another hostage, this one identified as British citizen David Cawthorne Haines. It was not immediately clear who Haines was.

Britain and France called the killing "barbaric." In Washington, State Department spokeswoman Jen Psaki said U.S. intelligence analysts will work as quickly as possible to determine if the video is authentic. THE ASSOCIATED PRESS

Ukraine. Military takes heavy casualties amid tough talk by Russia

The Ukrainian soldiers were an easy target as they launched a desperate run to safety. Pounded by a gauntlet of rocket shells, blown up in their vehicles, they died by the dozens.

In fields around the eastern Ukrainian village of Novokaterynivka, more than 30 army vehicles lay charred and pulverized into twisted piles of metal Tuesday — the result of a devastating weekend ambush by separatist forces.

The rout marked a major intensification in the separatists' offensive in eastern Ukraine — one that the government in Kyiv, NATO and the U.S. say has been sustained by Russia's direct military support.

Moscow's aggressive stance toward Ukraine has come in both words and deeds of late, fuelled by attacks like those in Novokaterynivka as well as a leaked report that EU Commission President Jose Manuel Barroso said Vladimir Putin told him Russia could take over Kyiv "in two weeks" if it wished.

Yuri Ushakov, Putin's foreign policy adviser, told reporters that the Russian leader's statement on Kyiv was "taken out of context and carried a completely different meaning."

The separatists, after having a month of setbacks in which government troops regained territory, have been inordinately successful in the last 10 days, just as columns of Russian tanks and armoured vehicles have been seen crossing the border. U.S. President Barack Obama and other NATO leaders will be attending a summit in Wales on Thursday to create a rapid-response military team to counter the Russian threat. THE ASSOCIATED PRESS

Pro-Russian rebels pass by destroyed Ukrainian military vehicles near the village of Novokaterynivka, Ukraine, on Tuesday. Ukrainian troops have over the past week suffered major military losses, losing large swathes of territory and having hundreds of soldiers captured. SERGEI GRITS/THE ASSOCIATED PRESS

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The U.S. side of Niagara Falls, seen here Jan. 10, begins to thaw following the polar vortex earlier this year. Researchers have partially linked the cold weather from the vortexes to melting sea ice off Russia's coast, caused primarily by higher global temperatures. NICK LOVERDE/THE ASSOCIATED PRESS

Polar vortex connected to melting ice in Arctic: Study

Frigid weather. Study says shrinking ice in Russian seas one cause of wicked cold fronts

A new study says that as the world gets warmer, parts of North America, Europe and Asia could see more frequent and stronger visits of cold air.

Researchers say that's because of shrinking ice in the seas off Russia. Less ice would let more energy go from the ocean into the air, and that would weaken the atmospheric forces that usually keep cold air trapped in the Arctic.

At times it escapes and wanders south, bringing with it a bit of Arctic super chill. That can happen for several reasons, the study says, such as when the ice in northern seas shrinks, leaving more water uncovered.

Normally, sea ice keeps heat energy from escaping the ocean and entering the atmosphere. When there's less ice, more energy gets into the atmosphere and weakens the jet stream, the high-altitude river of air that usually keeps Arctic air from wandering south, said study co-author Jin-Ho Yoon of the Pacific Northwest National Laboratory in Richland, Wash.

The study observed historical data and conducted computer simulations.

Both approaches showed the same strong link between shrinking sea ice and cold outbreaks, according to lead author Baek Min Kim, a research scientist at the Korea Polar Research Institute.

THE ASSOCIATED PRESS

Response

- **Doubt.** Kevin Trenbeth, a climate analysis chief at the U.S. National Center for Atmospheric Research, is skeptical of Yoon's study, citing his own research that claims the Pacific has a greater effect on the polar vortex.
- **Acclaim.** Katherine Hayoe, a climate scientist with Texas Tech, praised Yoon's study and believes it provides important insights into how human activities affect the planet.

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60-year-old man is back at school, studying cancer that killed his wife

University of Alberta. Powel Crosley is the oldest student in his classes and at times has been mistaken for a professor

Powel Crosley at a research lab in Edmonton in July. JASON FRANSON/THE CANADIAN PRESS

Powel Crosley was lost after his wife died of a rare form of ovarian cancer. But he felt compelled to carry on her fight against the disease somehow and to help find a treatment for others — so he went back to school.

The 60-year-old, whose long grey hair is often pulled back in a ponytail, has been enrolled at the University of Alberta as an undergrad student since 2010.

It wasn't easy for Crosley to sit in a classroom again. He took introductory courses in biochemistry and oncology. Then one of his profs asked him to do lab research alongside masters and doctoral students.

Recently, the science rookie was awarded $60,000 in grants to keep studying granulosa cell tumour of the ovary, otherwise known as GCT, which accounts for about five per cent of ovarian cancer cases. He will spend the next two years working on the project that involves testing a new drug developed at the University of Illinois for use against other cancers. So far, he says, its results against GCT have been encouraging.

Powel Crosley and his wife Sladjana in a handout photo. CONTRIBUTED/ THE CANADIAN PRESS

Crosley, originally from Buffalo, N.Y., says he was working for a consulting firm in Oak Ridge, Tenn., when he met Sladjana Milenkovic, who had moved to his home town from Serbia. The two quickly bonded over their love of the Buffalo Bills football team.

In 1996, Sladjana went to hospital with abdominal pain. Doctors removed a mass on one of her ovaries and informed her she had GCT.

Three years later, after the couple had moved to New Zealand, the GCT returned. It did so again and again, even after several major surgeries.

Crosley says that during her illness, his wife couldn't find out much about the disease, so she established the Granulosa Cell Tumour Research Foundation and posted information on its website for others.

She died in 2009 at age 58.

Crosley took over the foundation. He weighed options for schools so he could learn more about cancer and settled on Edmonton. He and his wife had visited the city before on business trips and liked it — even in the winter.

THE CANADIAN PRESS

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New York attorney general: Evans Bank avoided giving loans to African-Americans

A bank purposely avoided giving mortgages to African-Americans by locating all of its branches outside black neighbourhoods and directing advertising and loan products toward largely white communities, New York's attorney general said in a lawsuit filed Tuesday as part of a wider investigation into an illegal practice known as redlining.

Evans Bank is accused in the federal civil complaint of violating federal, state and local housing and discrimination laws, Attorney General Eric Schneiderman said at a news conference in Buffalo.

The bank's practice of not making home-improvement loans and mortgages available in Buffalo's east side, home to more than 75 per cent of the city's African-American population, perpetuated racial segregation and the decline of the city's housing stock, the lawsuit alleges.

"This is a problem we thought we put behind us a couple of decades ago," said Schneiderman, who was joined at the news conference by more than a dozen representatives from civic organizations, including the NAACP, New York Civil Liberties Union and Partnership for the Public Good.

Evans Bank is headquartered in the suburb of Hamburg and has 13 branches in western New York and $830 million US in total assets.

The bank's president and chief executive David Nasca called the accusations "meritless" and said Evans will vigorously defend itself.

"We remain confident that our residential lending practices meet all applicable laws and regulations," Nasca said in a statement emailed to The Associated Press.

He said the company would have no further comment because of the pending legal action. Schneiderman said the lawsuit is part of a wider investigation by his office into redlining, in which a lender denies access to mortgages or charges more in certain neighbourhoods based on race. It seeks unspecified civil fines and punitive damages. THE ASSOCIATED PRESS

Map

The lawsuit included a map of Buffalo that Evans used to define its lending area.

- The area, as well as the locations of its branches and ATMs, forms nearly a complete ring, broken only by the Lake Erie shoreline, around the city's predominantly black east side.

Nigel recommends you watch
Orange is the New Black
A privileged New Yorker ends up in a women's prison when a past crime catches up with her in this Emmy winning series from the creator of "Weeds."
NETFLIX ORIGINAL ORANGE IS THE NEW BLACK
Thank Nigel

Don't want everyone to know you just watched I Don't Know How She Does It for the sixth time?

This screenshot provided by Netflix shows what the viewer will see after a change to its recommendation system. Netflix is giving its Internet video subscribers a more discreet way to recommend movies and TV shows to their Facebook friends after realizing most people don't want to share their viewing habits with large audiences. Until now, Netflix subscribers linking the service to their Facebook accounts automatically disclosed everything they were watching with a potentially broad range of people. The automatic disclosures ended Tuesday. A menu of friends culled from Facebook will appear after Netflix subscribers finish watching a video if they have turned on the sharing feature. NETFLIX/THE ASSOCIATED PRESS

Plane passengers turn on each other

Packed in like sardines. As everything from leg room to toilets shrink on planes, people are taking their anger out on fellow fliers

Squeezed into tighter and tighter spaces, airline passengers appear to be rebelling, taking their frustrations out on other fliers.

Three U.S. flights made unscheduled landings in the past nine days after passengers got into fights over the ability to recline their seats. Disputes over a tiny bit of personal space might seem petty, but for passengers whose knees are already banging into tray tables, every inch counts.

It's getting to the point where the pre-flight safety videos need an additional warning: be nice to your neighbour.

The International Air Transport Association calls unruly passengers "an escalating problem," saying there was one incident for every 1,300 flights in the past three years.

Today's flying experience is far from glamorous. Passengers wait in long lines for security screening, push and shove at the gate to be first on board and then fight for the limited overhead bin space. They are already agitated by the time they arrive at their row and see how cramped it is.

To boost their profits, airlines have been adding more rows of seats to planes in the past few years.

Southwest and United both took away one inch from each row on certain jets to make room for six more seats. American is increasing the number of seats on its Boeing 737-800s from 150 to 160. Delta installed new, smaller toilets in its 737-900s, enabling it to squeeze in an extra four seats. And to make room for a first-class cabin with lie-flat beds on its transcontinental flights, JetBlue cut one inch of legroom for coach passengers.

Airlines say passengers won't notice because the seats are being redesigned to create a sense of more space. Southwest's seats have thinner seatback magazine pockets, Alaska Airlines shrank the size of tray tables, and United moved the magazine pocket, getting it away from passengers' knees. THE ASSOCIATED PRESS

Losing elbow room, too

84%

Passengers aren't just losing leg room; they're losing elbow room. Airlines in the U.S. sold 84 per cent of their seats on domestic flights so far this year, up from 81 per cent five years ago and 74 per cent a decade ago, according to the Bureau of Transportation Statistics. That means there are fewer and fewer empty middle seats on which passengers can spread out.

'Greenrush'

High demand for medical marijuana licences in Canada

The number of Canadian firms applying for lucrative medical marijuana licences has topped 1,000 as a so-called "greenrush" continues to overwhelm Health Canada. So far, only two new licences have been approved this summer, even as the department tightens the application rules. THE CANADIAN PRESS

Market Minute

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HIPSTERS THAT ACTUALLY DESERVE THE HATE

JUST SAYIN'

Paul Sullivan
metronews.ca

What with celebrity selfies and Vladimir Putin, you probably didn't think the world could get much weirder.

That's because you don't know about nipsters.

Allow me to plug your knowledge gap.

Nipsters are Nazi hipsters. As Vladimir Putin is Nikita Khrushchev 2.0, so nipsters are an update on neo-Nazi skinheads. Instead of jack boots and swastika armbands, nipsters sport skinny jeans, coloured glasses, messenger tote bags and beards.

You can watch German nipsters doing the Harlem Shake on YouTube, flashing signs that encourage the viewer to have unprotected sex with Nazis, which sounds so ... unclean.

Other signs in the video deplore multiculturalism, so it's clear that the unreconstructed hearts of xenophobes continue beating to a goose-stepping rhythm, with a little hip hop thrown in to bring things up to date.

Nipsters also favour animal rights and support environmental causes. There's even a neo-neo-Nazi vegan cooking show featuring two guys in the kitchen wearing balaclavas.

Rolling Stone published the full lowdown on nipsters earlier this summer in an article titled Heil Hipster: The Young Neo-Nazis Trying to Put a Stylish Face on Hate.

It's mainly based on an interview with a founder of the movement, Patrick Schroeder. Everything's on-trend about Patrick. He has his own webcast where he blends pop culture into hate culture in a way that is supposed to appeal to mainstream right-wing lunatics. In fact, he says, "If the definition of the nipster is someone who can live in the mainstream, then I see it as the future of the movement." He dismisses North American neo-Nazis as dressed up for a costume party. No style.

Despite the user-friendly front, Schroeder's ideological observations are distinctly paleo. He calls Barack Obama America's "neger president" and tells Rolling Stone journalist Thomas Rogers that black people don't belong in Germany because it's "against nature. There's a reason we're not walking around in the sun, in Ghana, with our skin colour."

All this would be horribly amusing if it weren't for the fact that racism is on the rise in Europe. And in echoes of Nazi Germany, according to the European Agency for Fundamental Rights, up to 90 per cent of all hate crimes in the European Union go unreported because respondents are afraid of social ostracism. It's OK to spout nipster nonsense, but it's not OK to report it?

Nipsters aren't the only xenophobic fungus growing on European culture. Recent anti-Semitic riots in France and Germany, on the surface a response to the Israel-Gaza conflict, have an ugly undercurrent of racism.

It's quite the monster mash-up. Hate is an equal opportunity disease. Fortunately, an effective vaccine exists. Love is all you need, and by love we don't mean unprotected sex with a Nazi.

Bárðarbunga-bunga

In this aerial view, fountains of lava, up to 60 metres high, spurt from a fissure in the ground on the north side of the Bárðarbunga volcano in Iceland on Tuesday. STEFANO DI NICOLO/THE ASSOCIATED PRESS

Icelandic volcano starts to chill out after eruption

Experts say the seismic activity near the Bárðarbunga volcano in Iceland is calming down as tall fountains of fire and lava continue to lick the air along a volcanic fissure, producing a huge plume of steam and gas.

A massive white cloud some 4.5 kilometres tall was rising above the fissure eruption in the Holuhraun lava field north of the Dyngjujoekull glacier on Tuesday. No ash fall has been detected.

Iceland's meteorological agency said the lava eruption appears to be less active compared to the previous day.

Thousands of small earthquakes have rocked the region in recent days, leading to concerns that Bárðarbunga, which lies under a vast glacier, could erupt.

THE ASSOCIATED PRESS

By the numbers

300

The number of earthquakes in the area near the volcanic eruption on Tuesday. This is down from 500 on Monday.

MetroTube

He's not happy about September, either

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bad news, everybody. It's September — back to school for some of us, back to layers for all of us. So it's understandable that you might want to follow Benny the Bulldog's lead here and poke your head out of your long-weekend hole this morning and play peekaboo with pending autumn. (Benny The Bulldog/YouTube)

METRO PHOTO ILLUSTRATION

Twitter

@metropicks asked: 'Squirrel whisperer' Mary Krupa got Sneezy the Penn State Squirrel to pose for this very scholarly looking photo. Who would you send back to school?

@MrsMiggins1969: All the politicians who cut funding to schools and a increase class sizes. Let's see if they still think it's a good idea.

@friesron: Rob Ford. #nufsaid

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 13 in Life.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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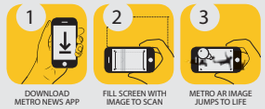

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Dynamic duo Greenwood and Egoyan rock the movie screen

A history of hits.
Whether the script's about lap dancing or a kidnapped child, these two can be trusted to deliver movie magic

IN FOCUS
Richard Crouse
scene@metronews.ca

Bruce Greenwood GETTY IMAGES

Bruce Greenwood first met director Atom Egoyan in a singles bar. "Atom was alone in the corner and I felt sorry for him," says Greenwood. "We were introduced by a mutual friend."

That was in the early 1990s, when Egoyan was on the brink of international acclaim as a director and Greenwood was a film and television star with a handful of movies and recurring roles on St. Elsewhere and Knots Landing under his belt.

That chance meeting led to their first film together, Exotica, a study of loneliness and desire in a lap-dancing club that Roger Ebert called "a deep, painful film" in his four-star review.

"We became good friends during that process," said Greenwood, "and in the ensuing years."

Three years later the pair collaborated on The Sweet Hereafter, an adaptation of the novel of the same name by Russell Banks about the effects of a tragic bus accident on the population of a small town. Greenwood earned a Genie Award nomination playing a grieving father and in 2002 readers of Playback voted it the greatest Canadian film ever made.

Next was a small role in Ararat, Egoyan's story of a young man whose life is changed during the making of a film about the Armenian genocide, and then, in 2013, a cameo in Devil's Knot. Greenwood played a judge in Egoyan's retelling of the events leading up to the West Memphis Three murders and the "Satanic panic" that fuelled the hysteria surrounding the subsequent trial of teenagers Jessie Misskelley Jr., Damien Echols and Jason Baldwin.

These days Greenwood is best known for his work as Capt. Christopher Pike in the 2009 Star Trek film and its sequel, Star Trek Into Darkness, but he's not too busy in Hollywood — the Quebec-born actor has lived in Los Angeles since the late 1980s — to reteam with his Canadian cohort.

In Egoyan's new psychological thriller, The Captive, Greenwood joins stars Ryan Reynolds, Scott Speedman, Rosario Dawson and Mireille Enos in a story of a child kidnapping. Egoyan says he and Greenwood share a shorthand that makes for easy work on set.

As for Greenwood, he says he trusts the director, "more than anyone I've ever worked with. He can ask me to do anything and if my initial instinct is 'Oh no,' it ends up being the right idea. He's a tremendous guy."

Director Atom Egoyan's new psychological thriller, The Captive, centres around a child kidnapping. CONTRIBUTED

Quoted

"(I trust him) more than anyone I've ever worked with. He can ask me to do anything and if my initial instinct is 'Oh no,' it ends up being the right idea. He's a tremendous guy."

Actor Bruce Greenwood
on director Atom Egoyan

Von Trier makes small-screen return with series The House That Jack Built

Twenty years after creating the groundbreaking miniseries The Kingdom, director Lars von Trier is preparing to return to the small screen with The House That Jack Built.

The project was announced by Louise Vesth, a producer at von Trier's Zentropa film company, during a press conference for the screening of Nymphomaniac Volume 2: Director's Cut at the Venice Film Festival. Executive producer Peter Aalbæk Jensen chimed in to describe the project as "without precedent" and added, "You better hold your breath."

The English-language series will have a large international cast, although no individual names have been revealed. Details on the plot are also still under wraps.

Known for his avant-garde films, including the 2000 Cannes Palme d'Or winner Dancer in the Dark, von Trier has also worked in TV as the creator and director of The Kingdom (Riget in the original Danish). Set in a Copenhagen hospital, the story follows a small number of doctors and patients attempting to understand a series of supernatural events. Since the first season, aired in 1994, left a number of questions unanswered, four additional episodes were made in 1997. In 2004, Stephen King adapted the drama for America as Kingdom Hospital.

The Danish filmmaker will begin writing the screenplay for The House That Jack Built this fall, and production is slated to begin in 2016. AFP

Lars von Trier's first TV miniseries, The Kingdom, set in a Copenhagen hospital, aired 20 years ago. Now von Trier is returning to the television medium with a new English-language series. AFP

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George Clooney ALL PHOTOS GETTY IMAGES

Years-old injury still bringing George pain

George Clooney is still feeling the effects of a back injury he suffered on the set of Syriana almost 10 years ago and recently visited a hospital in Dusseldorf, Germany, to address the ongoing pain, according to E! News. "George arrived at the clinic Friday morning and had a series of tests with the clinic's top neurosurgeon, Dr. Ralf Buhl," a source says. "Buhl specializes in non-invasive methods, which lessen the need for surgery." The injury is believed to have caused ongoing spinal cord problems and bad headaches. See? So it's not necessarily just the Daily Mail that's made him so grumpy lately.

Miley Cyrus

Miley still loves Liam Hemsworth (and weed)

Miley Cyrus may have broken off her engagement to Liam Hemsworth almost a year ago, but that doesn't mean she doesn't still have feelings for the Australian actor. "I love Liam. Liam loves me," she tells Australia's Sunday Night during an interview. Of course, she might just be saying that because she doesn't want to upset any Australians on their home turf.

On the more controversial topic of her open indulgence in drugs and alcohol, Cyrus gets a bit defensive: "I put pictures of me smoking weed, I'm not going to lie, on my Instagram," she says. "I don't promote it in my songs or whatever, but it's not like I'm sitting around telling a bunch of kids to do a bunch of drugs."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

'I do not have a perfect body,' says Charlize. Yeah, right.

NED EHRBAR
Metro in Hollywood

We've been thinking a lot about famous women's bodies this week, obviously, so here's some food for thought to go with all that virtual ogling. Oscar winner Charlize Theron, generally regarded to be pretty darn beautiful, has a few flaws.

"I do not have a perfect body," she tells Modern Luxury magazine. "I'm always finding things I can work on, but I definitely reached a point where I feel comfortable and happy with the way my body looks." Oh, good. I was worried. I mean, if she can't feel comfortable with how she looks, what hope do the rest of us have?

"I like to think I am a woman who is comfortable (with) and celebratory of my strengths and indulges in the qualities that make me feel beautiful," she says, apparently not done yet.

"I definitely am not one of those people that is constantly counting calories and doesn't allow myself to enjoy food — I love food. But I just try to be mindful of what I eat and be good to myself."

Now, if you'll excuse me, I'm going to go be good to myself with this deep-dish pizza.

Soul-searching in New Zealand

Spiritual trip. Epically ethereal landscapes and a history drenched in mythology make this island nation a must for meditators

KATHY ULLYOTT
life@metronews.ca

New Zealand's beauty can bring out the spiritual in visitors. Scan this image with your Metro News app to see pictures of a journey through New Zealand that's guaranteed to stir the soul. ERIC LINDBERG

In his stout workboots and black oilskin duster, Bill Matthews looks more like a sheep rancher than a Maori sage and storyteller. Yet, by the time he has collected me at the Copthorne Hokianga Hotel and we've arrived at a dizzying lookout over Hokianga Harbour near the tip of New Zealand's North Island, he has summoned the ancient world of the country's first peoples — his ancestors — and brought to life their legends of creation and conquest.

At the verge of the fabled Waipoua Forest — a primeval rainforest and sanctuary for the vast, native Kauri trees — twilight is now filtering through the silver ferns, symbol of New Zealand and as big as rooftops.

When we finally meet the forest celebrities, Te Matua Ngahere (Father of the Forest) and 2,000-year-old Tane Mahuta (Lord of the Forest), it's full dark, and Bill's stories of the Maori's journey from their mythical homeland of Hawaiki, their discovery of Aotearoa, the Land of the Long White Cloud, and even of how Tane Mahuta created the world seem as real as the nighttime calls of the tui and kiwi, and as divine as smouldering kauri resin.

Think of a spiritual journey, and you might first think of the mystical destinations of India or the Holy Land. Increasingly, however, seekers of renewal, enlightenment and self-discovery are drawn to New Zealand — a land of epically ethereal landscapes, rich mythological history and soul-satisfying remoteness.

It's not surprising, really, that the misty ranges, bubbling hot springs and vast forests that were such inherently sacred sites for the Maori have, in more recent years, inspired and attracted pilgrims of all spiritual stripes.

"Being in the Southern Alps, on the shores of Lake Wakatipu, there is a real sense of spirituality and calmness," says Paula Ryan, co-creator of the new, 21-acre Aro-Ha Wellness Retreat near Queenstown.

Although it's been open less than a year and hosts a maximum of 20 guests at once, Aro-Ha is making international waves for its luxury accommodation, rigour (paleo-based vegan cuisine) and permaculture (a focus on ecological, sustainable design).

At Aro-Ha, "every guest has a personal experience and they all leave feeling increased objectivity and more clarity," says Ryan.

In addition to mindfulness and other spirituality sessions, Aro-Ha focuses on nutrition and what it calls wellness adventures: sub-alpine hiking, strength training, kayaking and twice-daily yoga sessions.

Further north and overlooking New Zealand's most populous city, the Auckland Zen Garden offers an entirely different landscape, but a similarly contemplative experience, personalized for each guest. Owner Johnny Leung, who designed the 75-acre Garden with rippling streams, private lodges and contemplative walks in the ancient Kyoto style, says he wants guests to "feel close to the sky and heaven."

In addition to yoga and meditation sessions, a maximum of 14 guests take part in two- to four-day retreats complete with the services, if desired, of psychiatrists and "soul consultants," who guide individuals seeking to reset their priorities or make major life changes, says Leung.

Interestingly, one of Aro-Ha's guests used almost identical language: "Aro-Ha isn't a life saver; it's a life changer."

But Bill Matthews showed that quests for perspective, insight and priority aren't necessarily new. As we left Waipoua Forest, he leaned over, felt the ground for a kauri seed, and presented it to me with a traditional ancient Maori message. "You are a seed. Even though you are small, you have value."

The largest kauri tree in the world, Tane Mahuta. JAMES HEREMALA

Maori Immersion

Museums, cultural centres and special events throughout New Zealand will give you a great introduction to Maori history and culture, but if you want to jump in feet first, check out Potiki Adventures.

The company is the passion and brainchild of Bianca Ranson of Waiheki Island, who started it 10 years ago when she was just 24 and has since won a clutch of awards for it.

Her aims: to further Maori traditions among Maori youth, and also to give Pakeha (non-Maori people) a hands-on experience of Maori activities, perspectives and spirituality. Guests stay in the Marae, a traditional ancestral meeting house, visit historical paa (power) sites and participate in activities such as flax weaving, poi-making and mau rakau (martial arts).

For more information: potikiadventures.co.nz

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Bucket List

Nashville, Tennessee

Go for the music and stay for the food, or vice versa — whichever gets you down to famed Music City, which fully embraces its country roots while making plenty of room for the new, raw talent. The Country Music Hall of Fame and Museum is a must-visit, as is the Johnny Cash Museum and Ryman Auditorium, the winter home of the Grand Ole Opry (from November to February). This may also be your first and only chance to visit an actual honky tonk, and Lower Broadway is full of them, brimming with country, western, folk, bluegrass, gospel, zydeco and rock. The city's emerging food scene is starting to see some ink in the national magazines, featuring way more than just the southern comfort fare. Visit now while the crowds are down and the Predators are in action. Keep an eye out for Dolly. Head to Nashville.com and VisitMusicCity.com.

DOUG WALLACE/METRO

Welcome fall with a few fun fests

ON THE MOVE
Loren Christie
life@metronews.ca

There are a wide variety of fairs and festivals across the country celebrating the best that autumn has to offer.

British Columbia

The town of Agassiz, B.C. is holding its annual Fall Fair and Corn Festival the weekend of Sept. 12 and 13. Now in its 110th year, this quintessential fall fair — located an hour's drive east of Vancouver — typically attracts more than 10,000 people from across the province. In addition to expected favourites such as the parade, midway and antique tractor pull there are some unique events such as the lawn mower races and the crowning of the Corn King and Queen.

Prince Edward Island

The Prince Edward Island Fall Flavours Festival runs from Sept. 5 through 28. Highlighting the tastes of the island, the festival is peppered with 10 signature events hosted by popular Food Network personalities including chefs Lynn Crawford and local favourite Michael Smith. In addition, crowd-pleaser events like the Great Island Grilled Cheese Challenge offers visitors an interactive and tasty way to experience Canada's smallest province.

Island time

The Prince Edward Island Fall Flavours Festival highlights tastes of the island and boasts 10 signature events hosted by Food Network personalities

Quebec

The 17 vineyards along Quebec's Brome-Missisquoi Wine Route are gearing up for a wine harvest festival from Sept. 13 through to Oct. 6. Located near Dunham, Que., this up-and-coming wine region will offer visitors wine tastings, guided tours, and the opportunity to pick grapes with the winemaker. Accommodations and restaurants of the "Amis de la Route des vins" are on board with great deals and specially prepared dishes highlighting the area's regional flavours.

Nova Scotia

If you are more in the mood to sing and dance, consider a visit to Nova Scotia for the 18th annual Celtic Colours festival. For nine days in October, Cape Breton Island comes alive with music. From concerts and dances, to workshops and community suppers, the festival offers a range of events against the island's gorgeous autumn backdrop. Among the artists participating this year: Natalie MacMaster, J.P. Cormier and Mary Jane Lamond. In addition to the 46 concerts in the festival lineup, there are more than 200 community cultural experiences scheduled in every corner of the island.

Alberta

The Jasper Dark Sky Festival running from October 17 to 26 is an annual event celebrating Jasper National Park's Dark Sky designation. The largest accessible dark sky preserve on earth offers amazing opportunities for stargazing and if you are lucky perhaps even a glimpse of the northern lights. This year's special guest Col. Chris Hadfield will be hosting a couple of the events throughout the festival.

Nothing says fall like changing leaves, fairs and community festivals.
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Fresh tomatoes in salad spotlight

Grilled Chicken Panzanella Salad.

This dish makes a light dinner and allows you to switch up protein

FLASH FOOD
From your fridge to your table in about 30 minutes or less

DINNER EXPRESS
Emily Richards
food@metronews.ca

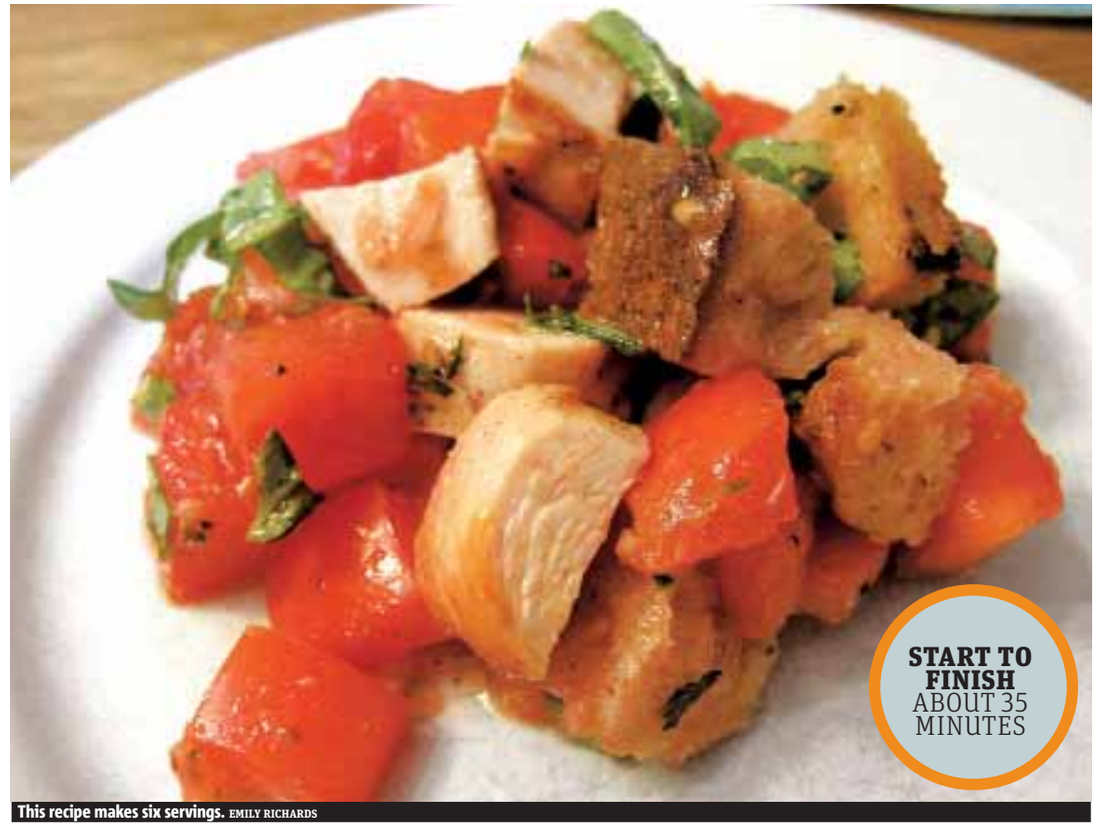
September is a great month to enjoy tomatoes in so many ways.

Cooking them up in a sauce or in a soup makes for easy meals, but one of my favourites is including them in salads. Putting together some family favourites creates a whole entree salad that everyone will love.

For this Grilled Chicken Panzanella Salad, my family prefers chicken thighs, but you can also use leftover chicken or turkey to speed up prep time.

If you are using leftover chicken or turkey, you will need about three cups (750 ml) chopped or shredded.

You can also substitute three to four boneless skinless chicken breasts for the thighs. Grill them for about 12 minutes or until no longer pink inside.



This recipe makes six servings. EMILY RICHARDS

Ingredients

- 6 boneless, skinless chicken thighs (about 1 1/2 lbs/750 g)
- 2 tbsp (30 ml) extra virgin olive oil
- 1/4 tsp (1 ml) each salt and pepper
- 4 cups (1 l) cubed crusty Italian bread
- 2 large tomatoes, chopped
- 1 English cucumber, sliced
- 1 each red and yellow pepper, chopped
- Half red onion, thinly sliced (optional)
- 1/2 cup (125 ml) fresh basil, coarsely chopped
- 1 tbsp (15 ml) capers, drained (optional)

Dressing

- 1/4 cup (50 ml) aged balsamic vinegar
- 3 tbsp (45 ml) sodium-reduced chicken broth
- 2 garlic cloves, minced
- 1 tsp (5 ml) Dijon mustard
- 1/4 tsp (1 ml) each salt and pepper

1. Toss the chicken thighs with 1 tbsp of the oil, and sprinkle with half each of the salt and pepper. Place on greased grill over medium-high heat and grill for about 10 minutes, turning once or until juices run clear. Place on cutting board and chop.

2. Toss bread with remaining oil, salt and pepper and spread onto baking sheet. Toast in 400 F (200 C) oven for about 10 minutes or until bread is crispy and golden.

3. In bowl, combine tomatoes, cucumber, red and yellow peppers, onion, basil and capers, if using. Add chicken and bread; toss to combine.

4. Dressing: In bowl, whisk together vinegar, broth, garlic, mustard, salt and pepper. Drizzle over salad and toss well. Let stand 30 minutes before serving.

Subtle touches offer Italian taste

This recipe serves six. BLUE DIAMOND GROWERS

A frittata is a healthy meal bursting with protein and vitamins because of a simple base of eggs and veggies. This tasty Italian version is a perfect breakfast or even dinner option!

1. Preheat oven to 400 F (200 C) and melt butter in a medium oven-safe skillet. Add onion and cook for 5 minutes to soften. Add spinach, artichoke hearts and red pepper and cook until spinach is wilted and dry.

2. Beat together almond beverage, eggs, garlic salt and dried basil in a medium bowl. Add to skillet with cheese and cook until eggs are about half cooked, stirring occasionally.

3. Place skillet in oven and cook for 10 minutes more.

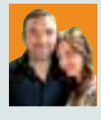
RECIPE COURTESY BLUE DIAMOND GROWERS

Ingredients

- 1 tbsp (15 ml) butter
- 1/2 cup (125 ml) chopped onion
- 3 cups (750 ml) fresh spinach, coarsely chopped
- 1/4 cup (50 ml) marinated artichoke hearts, chopped
- 1/4 cup (50 ml) roasted red pepper, chopped
- 1/3 cup (75 ml) Almond Breeze® Unsweetened Original beverage
- 6 eggs
- 1/2 tsp (2 ml) garlic salt
- 1/2 tsp (2 ml) dried basil
- 1 cup (250 ml) Italian blend cheese, shredded

Food around the world

The Bahamas (vegan rating: 6/10)



MEAT AND VEG
meatandvegontheroad.tumblr.com
Photos: Suzi Staheli (a.k.a. Veg)

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.

Veg: This generous mound of brown rice, next to a perfectly steamed medley of pumpkin, carrot, broccoli and cabbage, went down very well with Veg. Made from produce from his own backyard, the owner of Nettie's restaurant kindly whipped up this beautiful dish on request after we told him he had a vegan to feed.

Meat: Always keen to immerse myself in another country's culture, I had the local favourite: conch. However, I opted to have the large sea snail battered and fried alongside vegetables and rice rather than have it raw and diced with salad like the Caribbean favourite conch salad. I was more than happy with my enjoyably chewy choice.

Get ready to ace this school year with these secrets to post-secondary success

Go beyond the classroom. Making the most out of these years is about more than just grades

LAUREN MARINIGH
TalentEgg.ca

Whether you're heading into your first-ever round of post-secondary education or returning to school for even more time in the classroom, it's important to start with a strong foundation. There's a lot of new information to absorb, and you may find it all a little overwhelming. Not really sure how to make the best of the next few years? Start with these steps.

Get organized
As a new student, this post-secondary adventure may be the first time you've had to learn without the structure of the school bell — or a high level of engagement from parents or peers.

If you're a returning student, you may have forgotten how easy it is to overlook key dates or lose track of important information. Find a method that helps you keep track of your class schedule and other commitments, whether it's an agenda, digital calendar, app or some combination of all three. Getting organized isn't just a good way to stay productive. It can also help you identify spare time you have left over for other activities.

Get involved
Your post-secondary experience will go by in a flash. Make the most of that time by getting involved — this experience can be incredibly valuable when you face the school-to-work transition.

Working on or off campus is a great way to gain some extra money while building work experience, while volunteer work can enable you to pursue a personal commitment and build new connections to your community. Both kinds of involvement allow you to build meaningful experience. They offer evidence of your time management and teamwork skills and will be a definite asset when you are looking for work.

Another way to get involved is to join or create a club. This is a good way to meet new people on campus while demonstrating some initiative and leadership.

Build relationships with your profs
You'll have many opportunities to make new friends at school, but don't forget to focus on building relationships in other areas, too. Networking with instructors may sound like a task for a teacher's pet, but it's important to make connections outside of your peer group where you can. Connecting with your instructors can help you uncover promising positions (as a research assistant, for example) and position you for success if you plan on heading to grad school.

Your profs aren't just teachers — they're also potential networking contacts, who may be helpful when it comes to grad-school plans or even your career. ISTOCK

Of course, your instructors teach hundreds (if not thousands) of students, so it's important to be mindful of their time. As with any effective networking, make sure you have a specific goal — and aren't wasting anyone's time or overstepping boundaries.

Attend on-campus events
Take a break from the books every now and then to get involved by participating in and attending on-campus events. This is a great way for you to meet new people and de-stress. Developing new interests and connecting with new people will expand your horizons and get a better sense of where you'd like to go in the future.

By taking advantage of some of the tips above, you'll have a more fully rounded school experience and be better prepared to enter the working world upon graduation.

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Funding provided by: The Government of Canada The Manitoba Government

Vacations. Taking time away from the office creates mini-wave of joy

You've heard the expression, "Work hard, play hard." But in most workplaces, it may as well be "Work harder and then work some more."

Each year, thousands of people fail to use all of their allotted vacation time — resulting in what one Expedia study said was 557 million vacation unused days in the U.S. going to waste each year.

In addition to being a loss of both relaxation and money for these employees, the travel industry takes a hit.

The forecasting group Oxford Economics says all that unused vacation time translates into a loss of $67 billion US per year in potential travel spending.

But what about individual workers who never go on vacation? Are they really unhappier than those who do use their days? The answer, reports the Washington Post, is yes.

A new study out of Sweden found that people who returned from vacation were not only happier and more relaxed when they got back home, but that happiness also spread to others, creating a mini-wave of joy of sorts.

To test out their theory, the researchers examined the monthly antidepressant usage of Swedes between 1993 and 2005. They found that the number of prescriptions exponentially dropped when more people were on vacation at the same time.

Everyone benefits when you use up all of your vacation time. ISTOCK

The biggest drop in prescriptions came during the summer, which the researchers say is unsurprising given the fact that each worker in Sweden is granted five weeks of vacation per year.

LAKSHMI GANDHI/METRO WORLD NEWS

Is the stress of job hunting getting to you? Organizing your applications — both digital and paper-based — can help you stay on track. ISTOCK

Score your dream job by organizing your search

Feeling swamped? Don't let a lack of order sabotage your job search. All you need is a few simple tools

LAUREN MARINIGH
TalentEgg.ca

Job hunting can be stressful. Whether you are a new grad looking for a career or a student in search of a part-time job, it can be hard to keep your applications straight — and your motivation high. Getting your job search (and those applications) organized is a great way to avoid confusion and stay on top of important deadlines.

Use spreadsheets

If you're actively applying to different jobs, you may have trouble keeping track of all the information you're juggling.

To begin organizing your job search, start with a spreadsheet or a blank document.

In this document, create headings that include the name of the place you applied to or contacted, the job title, the date you applied, who you applied to or how you applied, and any other important information as outlined in the job description. This spreadsheet will help you track everything pertinent to your job hunt.

Tip: Use this spreadsheet to save the descriptions of jobs you've applied to — you'll want that information to prepare for an interview.

Organize your applications

As you apply for new jobs, it's important to keep all your resumés and cover letters in one place, and keep them organized.

If you get a call back for an interview, you want to be able to bring copies of the cover letter and resumé you submitted for the job. Create a folder on your computer, and within that, create a new folder for every new job you apply to. Label your files appropriately with the job title and company applied to.

Tip: This seems obvious to an organized person — but it's an important step many job-seekers overlook.

Use your calendar

If you have a lot of job search momentum, it's easy to get dates confused, or overlook relevant follow-up dates. Marking key dates on your calendar is the best way to streamline your applications. When you submit an application, make note of any relevant dates, particularly the expected closing date or time-frame for hearing back from the employer. This step is crucial in making sure to follow up and reach out to recruiters in an appropriate time frame.

Tip: Some job descriptions clearly state to not follow up; make note of this.

Plan short- and long-term goals

It's easy to get tunnel vision when you're trying to hatch your career. As you plan and organize your applications and key dates, set aside some time to review your progress and identify new goal-setting opportunities. It's good to be prepared for unexpected setbacks, and having some key dates set aside as opportunities to rest and recharge is absolutely crucial to your continued success.

Tip: Planning your activities long-term will help you stay motivated if you don't meet with immediate job-search success.

Time to reflect

It's easy to get tunnel vision when you're trying to hatch your career. As you plan and organize your applications and key dates, set aside some time to review your progress.

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RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION

Information Session
Power Engineering - 5th Class
Date: Sept. 9 and 30, 2014
Time: 7 - 9pm
Location: White Lecture Theatre
2055 Notre Dame Ave.
rrc.ca/pow

Information Session
Railway Conductor
Train for exciting careers in the railway industry!
Date: Sept. 4, 11, 18 and 25, 2014
Time: 7 - 8:30pm
Location: 9 - 1500 Regent Ave. W.
Intakes: January, May and September
rrc.ca/railway

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cde@rrc.ca | rrc.ca/coned

As a special end-of-summer gift to our readers, Metro brings you the first chapter of The Afterlife of Stars, the newest book by award-winning author Joseph Kertes. Over the next three days, we will be introduced to the Beck brothers, two young boys grappling with the world around them as Russian tanks roll into Budapest during the final days of the Hungarian revolution. In **Part 2** of four, the Beck family has an encounter with Russian soldiers in their home.

The Afterlife of Stars

There was a pounding at the door, quite a commanding one, and we all looked out that way, as if to interpret what it meant. We followed my father into the vestibule and huddled behind him, except for my brother, who stood by his side. It was Attila who opened the door. A man, a soldier the size of a tree, stood outside. He had such an overgrowth of beard, he could have supplied a whole room of teenagers with all the tufts they needed. He barked something at us in Russian. The red star gleamed from his furry officer's cap. He barked something again, and Judit squeaked and held her stomach.

The tree man paused, but then he parted us and stepped up to Judit. He looked at her, gazed down at her belly, then bent down to listen there. No one knew what to do. He pointed a long brown finger at her abdomen. Andras looked ready to lunge at the Russian, and so did my brother behind him. Judit whimpered.

The man laughed as he straightened all the way up again. His mouth was like a jewel box, full of gold and glitter. He pushed past us and marched straight to our empire clock on the sideboard in the front room as if he knew where it was. We followed him, and he waited for us to gather. He pointed to the clock, circled his long brown finger a number of times past the twelve and motioned that we were all to leave. Then, to our relief, the officer marched out again and slammed the door.

"We have until three o'clock," our father said to us, "and then we have to be gone."

"For how long?" I asked him.

"We don't know," my grandmother said gently.

"For about two centuries," Attila said, "before we check back in with them."

"What do you mean?"

"They want us to get out," Andras said. "Not out of the country. We're not supposed to leave the country, not *allowed*, actually. We're just supposed to find other lodgings somewhere."

"But we're not doing that," Attila said.

"Be quiet," our father said.

metro AR "One solitary picture still hung on the wall among the ghostly rectangles. It was a drawing done by my brother of a Spitfire fighter plane tearing through the skies ..." Scan this photo with your Metro News app for a video of Joseph Kertes talking about his new book! ISTOCK

Judit whispered, "We can't leave now." I could hardly hear her.

"We have to," her husband said. "Now is our only chance. The Hungarian rebel army is rising up. There are breaks in the border. It's the only time."

"But Andras ..." our grandmother said, putting her arm around Judit.

My brother looked straight at me. "We're leaving," he insisted. "Forever. I told you — we're going west."

"Why can't we just get the Russians to like us instead?" I asked.

Attila shook his head. "Lambkin, you're not too bright." But my remark made Judit tear up. She embraced me and kissed me on the head before leaving with Andras.

The Russian was back within an hour, and he brought other soldiers with him, two women and one man. But the original one with the beard was obviously overseeing the proceedings. They moved through our home more like movers than invaders. They acted as if we weren't there. From the china cabinet, they gingerly removed Herendi porcelain cups, saucers and platters and a silver sugar box and teapot, wrapping them in cloth before placing them in large canvas sacks. Attila and I watched from the sofa.

They took down the paintings one at a time, leaving rectangular blond ghosts in the gold wallpaper. The largest of these was called "Christmas, 1903." It depicted two old women dressed in dark coats and fur hats, one bent over a walnut secretary desk, writing a letter, the other looking out and down at us from the wall. Between them stood a potted Christmas tree on a table, festooned with bright ribbons and baubles and a star at the top. I always wondered why such a cheerful tree did not manage to spread its joy to the dark women in the parlor, who had most likely decorated it. Now the women were gone, together with their tree.

One solitary picture still hung on the wall among the ghostly rectangles. It was a drawing done by my brother of a Spitfire fighter plane tearing through the skies, spitting impressive bursts of fire. In the corner of the picture was the sun, and it too fired off spikes instead of rays of light. It was a sketch Attila had done in school, and our mother had had it framed in gold and hung over the gilded double-headed-eagle clock on the sideboard, which stood guard over the room. The fierce-looking bird was the emblem of the Austro-Hungarian Empire.

I had done a picture I knew my mother would like too, a watercolor, but it was still at school. My teacher, Mrs. Molnar, had hung it up where the photographs of Stalin and Khrushchev hung, but on the opposite side of the clock. My painting featured a weeping willow. It was surrounded by impressionable trees, which also wanted to weep, so I gave them their own tears in many colors flying off the leaves. My classmate David thought the other trees might have been sweating after a run, but I explained my intent.

A year before, I had done another picture in crayon of sunflowers. It wasn't a field of sunflowers, exactly, but sunflower after sunflower, quite a few of them. My brother seemed to admire the picture. He said my flowers looked like the handiwork of God as a child, trying out designs for the sun. That wasn't my intent either. I don't know where that picture got to, exactly.

One of the Russian women carrying a canvas bag looked at the Spitfire twice as she passed by us. We watched her closely. She removed her snug army cap to reveal straw-colored hair tied back as tightly as the cap, giving her head the look of an onion. She paused by the drawing but moved on. The eagle watched with its four sharp eyes. On her third trip by, she picked up the eagle clock with a strong arm and wrapped it up like a mummy before bending over to make room for it in her heavy sack.

Attila watched the operation, kept glancing up at his own drawing in its precious frame, waited for her to leave our home with the sacks, and then tore off madly to our room.

I tiptoed to the dining room to see if the Russians had taken our bowl of rose cream chocolates. I cared less about the red crystal bowl than about the chocolates. They were still there. I wondered if it would be all right to sit at the table and steal a chocolate. I took a chance. I peeled the red foil wrapper off the delicacy and put it into my mouth whole, let its creamy sweet essence enjoy its new home. I didn't want to chew, to take a single bite. I put my cheek down on the cool surface of the dining room table. My grandmother had bought this table for my parents for their "wood" anniversary, she told me. She said it was made of walnut by Sebastyan Balaban, the famous furniture maker. He had told her it would last a thousand years. We had had it for eleven years, just 1.1 percent of its lifespan, meaning some nice Russian family could enjoy meals and chocolates off it for 989 more years. I took another chocolate to eat in my room and one for my brother.

But I had a second table to visit first. It was the round-topped pedestal table in the front room. It was the one I hid under when I was in turmoil. Made of heavy black maple and standing on beastly wooden lions' paws, it sat between two dainty ladies' lamps in all its manly glory. I ducked underneath. I wanted to sit in its darkness one last time. When I was much younger, I thought that this unlucky lion had grown a table-top instead of a head, but when my brother taught me the facts of life, I realized that a lion and a table had lain down together to make this child. I hoped it was the table that was the mother. I ran my fingers through the carved fur and the hard claws and said my goodbyes.

I heard something fall in the kitchen, but not a dish, because it didn't shatter. I jumped out and ran back to our room. I found my brother holding his june bug collection up to the light of the window before shelving it again. The collection had won him a science prize a couple of years back.

On the shelves

Get the book!

• Joseph Kertes' The Afterlife of Stars (Penguin Canada, $22.95) is now on sale and is available in bookstores across Canada!

Win a copy

• Are you a fan of Joseph Kertes? You could win a signed copy of The Afterlife of Stars. For full contest details and to enter today visit clubmetro.com.

Online only

We have more on The Afterlife of Stars at metronews.ca

- **Video.** Metro columnist Richard Crouse interviews Joseph Kertes about his new book and the creative process.
- **Author talk.** Have a question for Joseph Kertes? The author will be hosting an online live chat on Thursday, Sept. 4 starting at 1 p.m. EST. You can submit your questions in advance at metronews.ca.

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4 SPORTS

First-round pick

Jets sign Ehlers to three-year deal

The Winnipeg Jets have agreed to terms on a three-year, entry-level contract with 2014 first-round pick Nikolaj Ehlers.

Ehlers, the ninth overall pick, will make $1.625 million US each season at the NHL level on the two-way deal.

The Danish left-winger had 49 goals and 55 assists last season for the Halifax Mooseheads.

The 18-year-old Ehlers was the first player to be drafted out of the QMJHL in June. THE CANADIAN PRESS

MLB

Jays hammer Rays in Florida

Jose Reyes hit a three-run homer, R.A. Dickey gave up two hits in seven innings and the Toronto Blue Jays beat the Tampa Bay Rays 8-2 Tuesday night.

Reyes' ninth home run broke a 2-all in the fourth inning and sent the Blue Jays to their third win in a row.

Danny Valencia also homered off Rays starter Jeremy Hellickson (1-3). Pinch-hitter Dioner Navarro added a two-run shot off Cesar Ramos in the eighth.

Jose Bautista's streak of homering in five straight games ended but he had two singles and an RBI for Toronto.

Dickey (11-12) gave up two runs, struck out six and walked three.

Dickey pitched at least six innings for the 13th time in 14 starts. Aaron Sanchez and Todd Redmond each pitched an inning of hitless relief.

THE ASSOCIATED PRESS

Canada's Milos Raonic in the loss to Japan's Kei Nishikori on Monday at the U.S. Open in New York. Raonic has a week off to rest and recharge to lead the Canadian team into a Davis Cup playoff against Colombia next week in Halifax. DARRON CUMMINGS/THE ASSOCIATED PRESS

Turning the page on the U.S. Open

A week off. Losses like Raonic's on Monday teach 'rebound,' says captain of Canada's Davis Cup team

Milos Raonic won't have long to brood over his fourth-round U.S. Open loss to Kei Nishikori of Japan as he prepares for a Davis Cup playoff against Colombia next week, which will determine whether Canada remains in the elite World Group.

Raonic was beaten 4-6, 7-6 (4), 6-7 (6), 7-5, 6-4 by 10th-seeded Nishikori on Monday in a four-hour, 19-minute struggle that tied a record as the latest-to-finish match in U.S. Open history.

"You learn from losses like that; you rebound and that's what makes a champion," said Martin Laurendeau, the captain of Canada's Davis Cup team.

On Tuesday, Laurendeau named Raonic, Frank Dancevic, Daniel Nestor and Vasek Pospisil to the team that will battle Colombia beginning Sept. 12 in Halifax.

Raonic went 5-1 in Davis Cup action last year to help lead Canada to the semifinals and at No. 6 is the highest-ranked Canadian singles player of all time.

Canada started the season in the World Group for the third consecutive year, playing their first-round tie on the road in February against Japan in Tokyo.

But injuries to Raonic and Pospisil contributed to a disappointing 4-1 loss, forcing this match against Colombia to stay in the World Group. Canada enters as the favourite, ranked eighth in the world to Colombia's 26th. The Colombian Tennis Federation is sending Santiago Giraldo, Alejandro Falla and doubles pair Juan Sebastian Cabal and Robert Farah.

THE CANADIAN PRESS

High expectations

"He's our No. 1 player. He's got a job to do soon."

Martin Laurendeau, captain of Canada's Davis Cup team, about Milos Raonic

Monfils tricks his way into quarter-finals

France's Gael Monfils doing his thing: stylishly returning a shot backwards in a win that put him in the U.S. Open quarter-finals Monday. MIKE GROLL/THE ASSOCIATED PRESS

Gael Monfils follows his own rules.

The guy does things on a court no one else does — or can. Just search YouTube and watch any of many video clips showcasing his speed and agility; start with the parallel-to-the-ground, a-few-feet-in-the-air dive at this year's French Open.

He sips soda during match breaks, raising the can in a toast to his agent.

He is currently without any coach at all, in an era when some players have two.

What Monfils has never done, despite all his talent — and in some cases, because he has appeared to value style over substance right there on court, in the middle of a point, preferring the spectacular to the sufficient — is reach a Grand Slam final. He took a step closer Tuesday at the U.S. Open during a surprisingly matter-of-fact 7-5, 7-6 (6), 7-5 victory in the fourth round over No. 7-seeded Grigor Dimitrov, a man considered one of the sport's up-and-comers.

"I'm the same. So I will say I'm a bit more lucky than I was maybe," Monfils said.

"For me, tennis is a sport, you know.... It's not a job, you know. It's a sport."

THE ASSOCIATED PRESS

Williams sisters

Serena Williams took a medical timeout because of a problem with her right foot and later double-faulted on the last two points as she and sister Venus lost in the doubles quarter-finals.

Pending a physical.
Cowboys ready to sign Sam to practice roster

The Montreal Alouettes will have to continue waiting for Michael Sam.

Both The NFL Network and ESPN reported Tuesday the defensive end is heading to Dallas for a physical with the Cowboys. If Sam passes, he'll join the NFL team's practice roster.

Sam is trying to become the NFL's first openly gay player. The 24-year-old was released Saturday by the St. Louis Rams and bypassed by the team for selection to its practice roster Monday.

Sam, a 2014 seventh-round pick by St. Louis, is on the Alouettes' negotiation list, giving them exclusive rights to the former Missouri star if he chose to play professionally in Canada.

Montreal GM Jim Popp said he has reached out numerous times to Sam's representatives but as of Tuesday hadn't heard back from them. Popp said he put the six-foot-two, 262-pound Sam on the Alouettes negotiation list because he believes Sam can be an effective player in the CFL.

"He's an outstanding pass rusher," Popp said during a telephone interview. "With his body type, he's a real true CFL rush end."

THE CANADIAN PRESS

Quoted

"He's a very good football player and someone who'd fit our system perfectly and fit into our league very well."

Alouettes GM Jim Popp on Michael Sam

Max Hall. Ex-Bombers QB arrested in Arizona

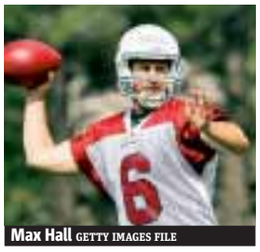
Former NFL and Winnipeg Blue Bombers quarterback Max Hall was arrested last week in his home state of Arizona on suspicion of shoplifting and narcotics possession.

Police in Gilbert, near Phoenix, say they were called to a Best Buy on Friday where they found someone they identified as Hall in possession of "several stolen items from Best Buy and a nearby Walmart."

Police also said they found a "personal-use quantity of cocaine," but Hall was released shortly after his arrest.

Before joining the Bombers in 2013 and playing in the CFL, Hall played six games for the Arizona Cardinals of the NFL in 2010.

Hall, 28, started nine of Winnipeg's final 12 games last season, winning only one as the Bombers tied their worst record ever since the CFL went to an 18-game season at 3-15. His CFL record is 162 completed passes out of 283 attempts for 1,999 yards and nine touchdowns.



Max Hall GETTY IMAGES FILE

The Bombers released Hall in June.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

CFL

Cornish racks up two weekly awards

Calgary running back Jon Cornish picked up two CFL player-of-the-week awards for his performance in the Stampeders' 28-13 victory over Edmonton on Monday.

Cornish was named both the top offensive player and top Canadian, while Saskatchewan's Ricky Foley earned the defensive player award and Troy Stoudermire was named the top special teams player.

Cornish rushed for a season-high 163 yards and added a touchdown in the Stamps' Labour Day victory over the Eskimos. The 2013 CFL MVP, who was playing in just his third game of the season after being sidelined with a concussion, had 17 carries, averaging 9.6 yards. He ran in a three-yard touchdown in the fourth quarter. THE CANADIAN PRESS

The Seahawks' Golden Tate was awarded a game-winning touchdown reception against the Packers on Sept. 24, 2012. GETTY IMAGES FILE

Fail Mary revisited

The TD that should not have been.
Controversial play remembered as being a life-altering event

This story involves a rookie quarterback, a banker turned NFL replacement official and a touchdown that should not have been.

It's been nearly two full years since the Green Bay Packers and Seattle Seahawks met in the regular season, a game that was noted for stifling defence on both sides, until the final play of the game.

With the clock winding down, Russell Wilson — then a rookie in his third NFL game — scrambled and lofted a desperation pass from Green Bay's 39-yard line into the end zone. After the officials ruled that Golden Tate had scored, the play instantly became known as "The Fail Mary" and within days the NFL settled its labour dispute with referees.

"There's been all kinds of games. I can go all the way back to coaching in college when we won from 85 yards away with no time left on the clock and it was a Hail Mary catch-and-run and all that kind of stuff," Seattle coach Pete Carroll said. "So, those things happen.

"We love the games. We watch so much because of the surprise and the uniqueness of the experience all the time."

The Seahawks prevailed 14-12 after Tate wrested the ball from Green Bay's secondary. It was signalled as a touchdown by replacement official Lance Easley, claiming that Tate gained simultaneous possession with Green Bay defensive back M.D. Jennings. The play was reviewed, and the call on the field was upheld.

Lives immediately changed.

Two days after the call, the NFL reached a new contract with its officials, and the replacements were gone.

Easley, who later wrote a book centred on his touchdown decision, became and remains the target of angry Packers fans. His rarely used Twitter account this week was filled with messages from Packers fans asking if he would be making any calls in Seattle's favour during Thursday's opener.

And Tate was vilified. In addition to grabbing the ball away, many fans felt he committed a blatant offensive pass interference penalty against defensive back Sam Shields.

"All of a sudden I went from just Golden Tate, the Seattle Seahawk, to household name," said Tate, now a member of the Lions. "Regardless of how you think of my name, everyone knows it I guess now at this point, which is a good thing and a bad thing sometimes."

THE ASSOCIATED PRESS

Regular-season kickoff

The Packers return to Seattle to take on the Seahawks in the NFL regular-season opener Thursday.

J.J. Watt GETTY IMAGES FILE

Texans lock up Watt with a $100M extension: Report

A person with knowledge of the deal tells The Associated Press that star defensive end J.J. Watt has agreed to terms on a contract extension with the Houston Texans.

The person spoke on condition of anonymity Tuesday because the deal had not been signed. Multiple media reports said the agreement was for six years and $100 million, with $51.8 million guaranteed and a $10-million signing bonus.

Watt had two years left on his contract that was due to pay him $1.9 million this year and just under $7 million in 2015. He expressed his desire for a new contract last month as the Texans were practising with the Denver Broncos.

The 25-year-old Watt has emerged as one of the league's most dominant players, with 74 tackles for loss, 36 1/2 sacks and 27 pass breakups since he joined the league as the 11th overall pick in 2011.

THE ASSOCIATED PRESS

2015 Honda Fit

- **Type:** Five-door, front-wheel-drive compact hatchback
- **Engine:** 1.5-litre inline four-cylinder (130 hp)
- **Transmission:** Six-speed manual, continuously variable automatic (CVT)
- **Base price:** $16,163, including destination fee

Market position

Slight upscale position in compact hatchback segment, due to very flexible and large interior, afforded by unique centre-of-car positioning of gas tank. Seats fold in more permutations than a Swiss Army knife, to further expand the cargo-carrying possibilities.

Points

- Built at a new plant in Mexico. Previous models imported from Japan or China
- Easily the biggest and most flexible interior in its subcompact class
- Engine upgraded to direct-injection, DOHC and variable valve timing and duration
- Rear-view camera and Bluetooth now standard features

Cargo volume has been increased, thanks to a longer wheelbase.

Safety features

An IIHS top safety pick (the only small car to achieve an Acceptable rating in the small overlap frontal crash test), six airbags, side-curtain airbags have rollover sensors, stability and traction control, hill-start assist, available LaneWatch display and a multi-view rear-view camera with guidelines.

Still funky but a better Fit

PHOTOS: MIKE GOETZ

Review. Honda's redesigned hatchback is less egg-shaped, boasts more power, features and leg room

MIKE GOETZ
drive@metronews.ca

In the compact hatchback segment, the Honda Fit stuck out. Not quite like a sore thumb, because it's not ugly like a sore thumb. It's ugly more in an egg-shaped way.

Actually that's too harsh. Lots of people are okay with its odd look (including me, since we own a 2009 model).

That shape, combined with the unique positioning of its gas tank (underneath the driver's seat), helped it stick out some more — by creating the conditions for a cavernous interior for its size, and then by its so-called Magic Seat, which allows owners to exploit that space to marvellous effect.

When it came time to design an all-new Fit for 2015, Honda stuck with the program — enhancing the theme of interior versatility, while updating several items that were lacking and/or not up to expectations.

There is not one carry-over part from the previous car. Credit Honda for making a small car as good as it can be without just upsizing the thing. The automaker still managed to increase the cargo volume to 1,492 litres. This was accomplished by stretching the wheelbase, flattening the gas tank, and various other measures.

Rear-seat legroom has been greatly increased, but at the expense of the rear cargo area.

When it came to engine tech, Honda threw the proverbial kitchen sink at this new 1.5-litre four-cylinder — direct injection, DOHC, high-end variable valve control systems, and even oil-jet piston cooling. It has more horses (130) and torque (114) yet manages to get better fuel efficiency than the engine it replaces.

Inside, the hard plastic bits have been replaced with softer materials.

Some of the efficiency credit has to go to the new transmissions. Here are the numbers: 8.8 L/100 km city and 6.4 highway for the 6-speed manual, and 7.0 city and 5.7 highway for the CVT.

The exterior style is less egg and more wedge, with a more substantial lower body to suggest a more-planted road feel, which is definitely the case.

There is obviously more power, too, but the predominant first impression is one of vastly improved smoothness, sophistication and quiet. You can still hear road noise and the engine — especially on the highway — but it's nothing like the 2014-and-older Fit, which is noise-heavy for sure.

The interior is also several notches better. The hard plastic bits have been replaced by softer materials, and the whole cabin is rendered in an elegant, modern design. Notable new features include leather, navigation with 7-inch touch screen, rear-view camera, Bluetooth and LaneWatch.

In the transformation to a more grown-up and poised car, Fit lost some its teenage-like exuberance and simplicity, which made you want to drive it hard and fling it about.

But the 2015 Fit is more capable in every criteria, and easily one of the best small hatchbacks on the market.

Compare

1 Ford Fiesta
Base price: $16,059
Drives well, lots of standard and available kit, rear seat a bit cramped.

2 Kia Rio5
Base price:$16,014
Rio5, and corporate cousin, Hyundai Accent, both offer good value and good looks.

3 Nissan Versa Note
Base price: $15,865
Less technology in the engine and entertainment departments but gets the job done.

DRIVE

The Nissan Leaf can tell its owners by phone how much the battery is recharged and how far the car will go on that charge. CONTRIBUTED

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Driving Force. Nissan Leaf owners can connect with car online, and their cars can connect with them via email

JIL MCINTOSH
drive@metronews.ca

Most cars today will let you pair your phone to them, and then make or take calls to other people through the car's audio system. But there are a few vehicles that can also work the other way: Hook up your phone, and they'll call you.

One of these is the all-electric Nissan Leaf, which uses a telematics system called Carwings to receive and send information, which the driver accesses through a smartphone or dedicated website.

"The Leaf has a cellular connection," explains Preston Wong, development manager in the Connected Services department at Nissan Canada. "It uses that to connect to Nissan's data centre."

The Leaf reaches the data centre through the Rogers network to receive or forward information. Meanwhile, communication from the data centre to the car's owner goes out via the Internet. It doesn't matter what cell carrier the driver uses, as long as there's an Internet connection on the phone or laptop.

Through the mobile app, the driver can see how much the battery is charged and how far the car will go on that charge, including variations for whether the climate control is on or off.

The car can even send an email or text message to its owner when charging is complete, or a warning if power has been disrupted to the charging outlet.

Some functions can be controlled through the phone, as well.

If the car has already been plugged in, the driver can use the app to delay charging until later in the evening when rates go down, or start it immediately if the car will be needed sooner. It's also possible to pre-heat or pre-cool the cabin. These systems draw a lot of power, so running them while the car is still plugged in saves more stored electricity that can be used to drive farther between charges.

The Carwings system can also show the driver a list of the closest public charging stations, which changes as new stations are opened.

The Leaf contacts the data centre through its cellular connection and downloads the updated list, adding any new ones to its map.

When the driver inputs a destination into the navigation system, the car determines whether it has enough battery power for the journey, and indicates any charging stations along the way.

A display on the Leaf's instrument cluster "grows" virtual trees whenever the car is being driven efficiently, and, if the owner chooses, the car can upload its driving history to the website.

"You can compare these metrics with everyone else in the world," Wong says. "It has a history of the distance and the energy economy, and you can see your 'forests' growing larger and larger through the web."

App to communicate

- The Leaf was the first Nissan/Infiniti vehicle with a telematics system that connects to a data centre.
- The data centre is global, and all Nissan Leafs in the world use it for this type of communication.
- The app also shows how long it will take to charge the car, sends reminders if the car needs to be plugged in, and can connect the driver directly to roadside assistance.

AUGMENTED REALITY

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
In recent weeks you've thrown yourself into life like there was no tomorrow but not even an Aries can keep going indefinitely. Slow down and get your world back into balance.

♉ Taurus
April 21 - May 21
This is one of the best times of the year to get things done, but the things you do must not be of a minor nature. Use today's Sun-Pluto contact to aim higher.

♊ Gemini
May 22 - June 21
Make sure you know all the facts before getting involved in a feud. You may want to help but if you're unaware of what is really going on you may end up making it even worse.

♋ Cancer
June 22 - July 23
Today's cosmic influences will smooth your path and make it easy for you to get from A to B with a minimum of fuss. Travel and social activities will go well for you over the next few days.

♌ Leo
July 24 - Aug. 23
You need a favour from someone and because you're unsure what their reaction will be you aren't looking forward to it. They'll give you what you need.

♍ Virgo
Aug. 24 - Sept. 23
Today's link between the Sun in your sign and Pluto in Capricorn means you're endowed with extra power. Go all out to get what it is you most desire.

♎ Libra
Sept. 24 - Oct. 23
You'll do best today if you make a conscious effort to shut out the world and create a mental and emotional bubble inside which everything is peaceful.

♏ Scorpio
Oct. 24 - Nov. 22
Social activities will bring you luck over the next 24 hours, so get out and impress. The more attention you get, the more you will accomplish.

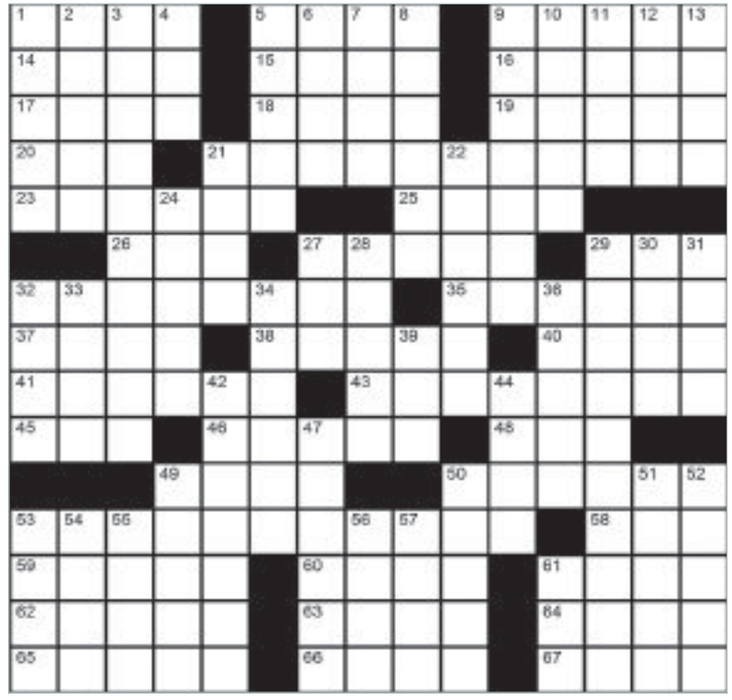
♐ Sagittarius
Nov. 23 - Dec. 21
Others may be winding down a but you must keep the tempo going and make sure you stay visible. There are big opportunities coming up, so make sure important people know you.

♑ Capricorn
Dec. 22 - Jan. 20
Actions speak louder than words and with Pluto in your sign activated by the Sun you'll be all action from the moment you awake to the moment your head hits the pillow.

♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to forget about your principles and do something underhand today but you are advised against it. You have a rep for honesty.

♓ Pisces
Feb. 20 - March 20
Make an effort to see things from another person's point of view today. You may be surprised to find that the way they look at the world is not that far away from your own.

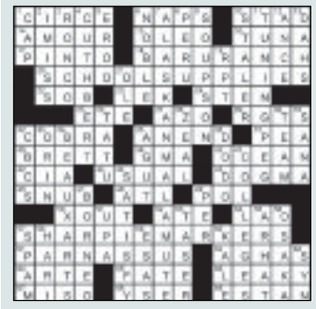
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Jill's hill pal
5. 27th US President
9. "A Place Like This": Current tune by Canadian duo __ Jordan
14. Speck
15. Puccini aria: "_ __ Babbino Caro"
16. Satire
17. Boxes [abbr.]
18. Fall hue
19. __ de menthe
20. Clod
21. American country singer whose 2014 album is called 'Storyline': 2 wds.
23. Cape Island link
25. 'The Art of Eight Limbs', __ Thai
26. 17th Greek letter
27. Chicago choreographer
29. US univ.
32. Vegan's biker-look fabric
35. Shirt part
37. "Candid Camera" host Allen
38. Songstress Ms. Sande
40. "Let's go!"
41. Beauty treatment
43. Scottish __ __ (Gig for the character Jamie Fraser in "Outlander")
45. Wee weekday
46. Gambles
48. Hearer
49. "Your time __ __!"
50. "__ __ hotdogs!" (Ballpark shout)
53. Winnipeg boutiques-gourmet district: 2 wds.
58. Half a Teletubby
59. Curry powder ingredient
60. Ed Sheeran song
61. Spaghetti cheese, commonly
62. Singer Mr. Lopez
63. 'Persist' suffix
64. Ms. Hathaway
65. Glacial ice block
66. Actress Charlotte's
67. Raised flatland

Down
1. "Glee" star Mr. Artist
2. Fragrant oil from flowers
3. September 1864 on the road to Canadian Confederation... 150th anniversary of the Charlottetown __
4. Cdn. highway measures
5. Bruce Springsteen's "Born __ __"
6. Thebes deity
7. 1978 Sylvester Stallone m.o.v.i.e. directed by Norman Jewison
8. Carved symbols
9. Broadcaster Mr. Williams (Trivia! One of MuchMusic's original VJs)
10. Range
11. "Friends" friend
12. Kenny Rogers' "She Believes __ __"
13. Salon supplies
21. Funny lark
22. "From __ with Love" (1963)
24. "Grease" (1978) song: "You're the One __ _ Want"
27. Masc. opposite
28. Vacuum cleaner brand
29. Nostalgic stroll-taker's location: 2 wds.
30. Welsh composer/actor Mr. Novello
31. Mind
32. Fizzling-out noise
33. Beach feast
34. __ balloon
36. Fanfare
39. Bean and Cool J
42. 'Old Lace' poison
44. Require
47. Can-Am __ (Bombardier's 3-wheel motorcycle)
49. Songstress Ms. Menzel
50. Doors on fences
51. Acquires
52. Newfoundland town
53. Performs
54. Remedy
55. Mideast chieftain, variantly
56. Canadian hardware store
57. Formerly
61. Cooking spray

Yeterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7				2				6
	4			6			8	
9			8		3			1
3		9				6		8
		4	6		2	1		
6		8				7		5
8			2		6			4
	3			1			7	
4				5				2

Yesterday's Sudoku

1	4	5	3	6	7	9	2	8
7	2	9	8	1	4	3	5	6
8	6	3	9	2	5	1	7	4
5	1	4	2	7	9	8	6	3
3	9	7	4	8	6	2	1	5
6	8	2	1	5	3	4	9	7
9	7	1	5	3	8	6	4	2
2	3	6	7	4	1	5	8	9
4	5	8	6	9	2	7	3	1

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